

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, December 2019

Volume 62, Issue 4

General Meeting

Christmas Meeting and Raffle



Monday, December 9, 2019

6:00 pm

at

Beaconsfield United Church

*(Parking is available on the streets
surrounding the church)*

[For directions, please see page 3]

Our annual festive evening of song, good food, and good company awaits members and guests.

The interest groups are preparing wonderful gifts to be won – gourmet baskets, gift certificates, and other surprises!

The Philomela Singers, directed by Margo Keenan, will be regaling us with Christmas songs.

Our charity this year is the **West Island Community Shares**, a non-profit organization which raises crucial funds for 41 local community groups and projects.

President's Message

Dear Members,

With mixed emotions, I am writing my last newsletter as Club President. I have learned so much and I look forward to take on new challenges. I was so nervous when I chaired my first Executive and General Meetings and now, I enjoy speaking in public so much that I have trouble not trying to run other meetings. I wish to thank all of you for your support during the past 3 1/2 years - I could only do my job because of the hard work of all of the MLUWC Executives and members.

I am very proud of the fact that we are no longer the best kept secret of the West Island. As Past-President I hope to enjoy the more "fun" aspects of the club including a new culture/religion group, new book club and more community advocacy.

Our Networking Events continue to be very successful and the topic that seems to interest new members (and other community groups) is our Advocacy Group - which continues to grow every year. With current trends, we may need to do more for our community at a political level.

We will be working on a motion to present to the QC council in support of CARE Jeunesse with the goal of having a petition placed on the Provincial Government website.

I will continue to advocate on behalf of the MLUWC through our social media and out in the community. This is something that all of us can do.

Linda Sestock



Christmas Meeting and Raffle

6:00 PM Monday December 9

(5:30 PM for those bringing baskets to raffle or treats – please no earlier)

Location: Beaconsfield United Church

202 Woodside Road

Beaconsfield, QC H9W 2P1

Our annual festive evening of song, good food, and good company awaits members and guests. The interest groups are preparing wonderful gifts to be won.

The ***Philomela Singers*** (director Margo Keenan) will be regaling us with seasonal music.



Margo Keenan has studied voice privately for many years and performed as a soloist and as a lead in light opera productions. She founded and sang in the “a cappella” quartet Thin Ice over a period of twelve years.

In all of her choirs, she is known for her original programming, which blends familiar with new and unusual music in sophisticated arrangements that challenge singers and delight audiences.

In 2013, Margo was presented with the Prix Jean-Pierre Guindon in recognition of her contribution to choral singing in Quebec over more than twenty-five years.

In 2014, Margo took on the direction of the **Philomela Singers**, a community choir based in the West Island.

Directions to Beaconsfield United Church

202 Woodside Road
Beaconsfield, QC H9W 2P1
(Ample parking is available in parking lots surrounding the church).

The church is just south of Sherbrooke St. on Woodside in Beaconsfield (access Sherbrooke via St Charles, just north of Hwy 20).



Hospitality – Meeting and Raffle

Help is needed for the Christmas Meeting and Raffle to be held on Monday December 9 at the Beaconsfield United Church.

We are looking for **donations** of sweets and savories and for **help** in setting up before the event and with the clean-up afterwards. If you didn't sign up at the November meeting, please email Luhan Wahbeh at lwabs0@gmail.com or Tina Tessari (tanit.videotron@ca) with your name, telephone number and details of your offer to help.

Here are a few things to keep in mind: There is no one in the kitchen during the concert. Sweets and savouries are placed on the buffet table upon arrival for sharing and enjoyment after the concert so please keep food safety in mind (we do not have refrigerator space to store food during the concert). Also please note that we will not be heating food so please choose items that can be served at room temperature.

Kindly place sweets/savouries on buffet-ready serving dishes/containers. All dishes are to be taken home at the end of the evening. It is a good idea to label your dishes in case something gets left behind.

Luhan Wahbeh and Tina Tessari
Hospitality

MEMBERSHIP

I had planned on introducing our new members at our General Meeting on Monday, November 11. Unfortunately, owing to the heavy snowfall, I was unable to attend that meeting. I will use the Newsletter to make those introductions.

Our New Members for 2019-20 are:

Jane Bennett
Diane Berry
Janet Casey
Janice Couloris
Jennifer Ferguson
Sarah Ford
Anne Fotheringham
Tanya Forward
Karine Garcia

Marie-Hélène Gauthier
Allison Haggarty
Catherine Klempa
Evelyn Lafond
Pamela Manning
Madeleine Palfreeman
Beverly Robb
Josephine Sciortino
Halina Slawska

I know that all of you will extend a very warm welcome to these ladies when you have the opportunity to meet them.

The next time we meet will be at our wonderful Christmas meeting in December. This is my favourite meeting of the year – beautiful Christmas music, delicious goodies, the excitement of the Christmas Baskets' raffle and seeing everyone in a festive mood. I am really looking forward to seeing all of you at that time.

Barbara Armbruster
VP, Membership



FUNDRAISING COMMITTEE

Our committee met for a “Debriefing Breakfast” to review the results of the fundraising dinner, “MLUWC Goes Italian”.

This fundraiser was a new type of event for the club and to our delight it was very well received by all who attended.

There were 124 tickets sold, 54 to MLUWC members and 70 to invited guests.

We met our fundraising objective, earning \$4460.17 of which \$2795.37 or 63% came from ads in the program book and \$1315.00 or 30% came from the raffle ticket sales.

In the event that you were unable to attend the dinner performance and you would like to support the annual MLUWC- Scholarship Fundraiser, a donation would be most welcome.

As requested by the membership, the raffle ticket sale for lovely gift certificates will be available at the monthly General Meetings.

Victoria Pinnell
Chair, Fundraising Committee

Here are some photos from the fundraiser dinner, “MLUWC Goes Italian”:



SCHOLARSHIP RECIPIENTS

At our November meeting, Maria De Wolfe presented this year's MLUWC scholarship recipients:

Alexia De Simone, studying Medicine at McGill University and who received the Alberta Shearer Scholarship

Imane Moussaid, studying Optométrie at the Université de Montréal and who received the Margaret Manson Scholarship.

Gloria Sutharman, from John Abbott College and who will be entering McGill University to study Education. Gloria is the recipient of the Amy Williams Scholarship. Unfortunately, due to ill health, she was unable to attend and thank us in person. Hopefully, she will be able to join us at a later meeting.

Here are pictures of our recipients:



Alexia De Simone



Imane Moussaid

And here is a photo of the Scholarship Committee members along with the two recipients:



Left to right: Cendra Paas, Nicole Acemian, Maria De Wolfe (chair), Alexia De Simone (recipient), Imane Moussaid (recipient), Hille Viires, Luhan Wahbeh. Absent: Gloria Sutharman (recipient).



SCHOLARSHIP FUND DONATION FORM

Donation Form	
MLUWC Scholarship Fund	
Personal donation <input type="checkbox"/> Company donation <input type="checkbox"/> In Memory/In Honour <input type="checkbox"/> I enclose my donation of \$ _____ Please make cheque payable to MLUWC Scholarship Fund . Donor Name: _____ Address: _____ _____ City/Prov. _____ Postal Code _____	For In Memory <input type="checkbox"/> or In Honour <input type="checkbox"/> donations, please complete the following: Honouree Name: _____ Notification Information: Name: _____ Address: _____ City/Prov. _____ Postal Code _____ <div style="text-align: center;"> Send to: MLUWC Scholarship Fund _____ _____ </div>
You can also make secure online donations using your credit card through CanadaHelps.org. Visit mluwc.com and click on	
Thank you for your support!	

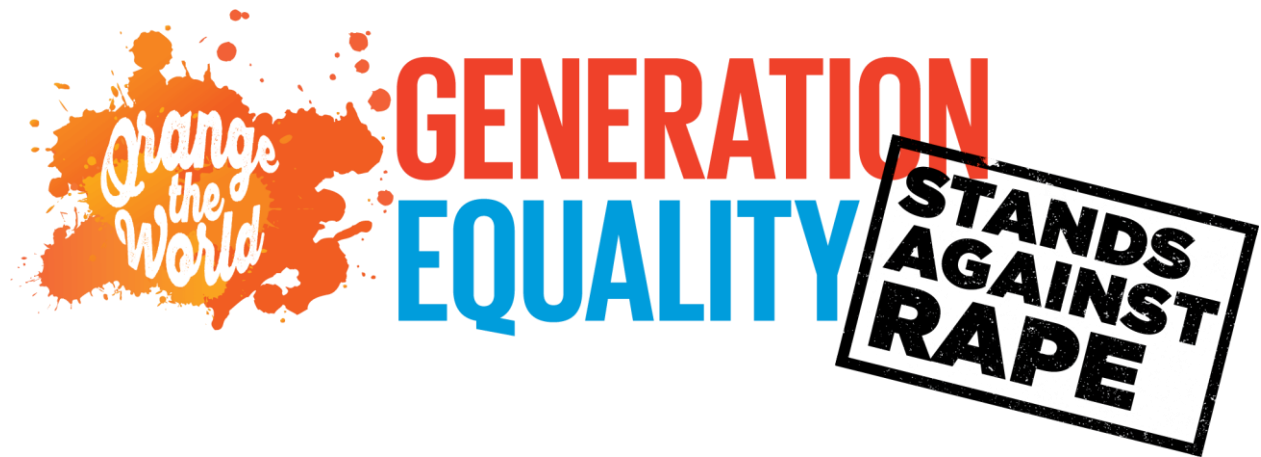
Making a donation to the MLUWC Scholarship Fund is easy and can be done at any time. Credit card donations are accepted through canadahelps.org. If you prefer, you can write a cheque payable to MLUWC Scholarship Fund, complete the form below and send it along with your cheque to P.O. Box 383, Pointe-Claire, QC H9R 4P3.



DID YOU KNOW ???

THAT despite the appearance of very favorable social conditions, the West Island hides a reality where 17,525 young people, 18% of young people from 0 to 34 years, are living in areas of social and material deprivation.

THAT the theme of this year's 16 Days of Activism against Gender-Based Violence which begins on November 25th, the International Day for the Elimination of Gender-Based Violence against Women and lasts until December 10th, International Human Rights Day.



THAT the European Union and the United Nations hosted a high level event on the [EU-UN Spotlight Initiative](#) – inviting all countries, leaders, civil society representatives and local ambassadors to join the movement and take action to end violence against women and girls.

What can we do? For a start, wear something orange and explain to others why. What more can we do? Read here: [“Orange the World: Generation Equality Stands against Rape!”](#)

REPORT FROM MONTREAL COUNCIL OF WOMEN (MCW) LE CONSEIL DES FEMMES DE MONTRÉAL

The MCW November 7, 2019 seminar addressed the issue of **Seniors Outreach & Medication Safety**, when **Miranda Potts**, a Special Care Counsellor for Prévention CDN-NDG and its first Senior Outreach Worker, shared her experience and advocacy work with NDG's older adult population and their needs to combat isolation and elder-abuse. She has also spearheaded intergenerational programs that bridge the gap between youth and seniors, and offered a quick overview of local resources. She introduced **Makinson St. Martin**, a licensed pharmacist, who practices with a focus on the health and well-being of the elderly. He presented information on how to be proactive with medication safety, the negative impacts of overmedication, and the important role of the pharmacist within communities.

**Upcoming: "Special Holiday Luncheon" on Thursday, December 5 at 12:00 noon
at 2700 Rufus Rockhead**

- \$15.00 (cash or cheque) at the door, includes a glass of wine with lunch
- Luncheon will feature a variety of dishes representing our many cultures
- Members of different faiths to speak of their traditions and celebrations

As space is limited to 60, RESERVATIONS ARE A MUST and can be made by contacting MCW Treasurer – Renate Sutherland 514-695-1970 or email renate.sutherland@bell.net **Deadline to register is Friday, November 29, 2019.**

The MCW Holiday Luncheon will also commemorate the National Day of Remembrance and Action on Violence Against Women by honouring the **30th Anniversary of the 1989 École Polytechnique de Montréal massacre.**

Did you know?

MCW will have an Information Table at the **"WOMEN AWARE"** sponsored International Campaign of **16 Days of Activism Against Gender-based Violence**, which will take place on Monday, November 25, 2019 from 9 am to 3 pm, in the EV Atrium at Concordia University, located at 1515 St. Catherine/corner of Guy.

SAVE THE DATE: Sunday, April 26, 2020

"Woman of the Year" Awards Luncheon at the Mount Stephen Hotel

The committee elected to award **Sheila Goldbloom** for her distinguished service to women and elder rights. Her dedication to the community, that spans over 50 years, had prompted the committee to determine that the 2020 WOTY will be a **Life Time Achievement Award.**

Renate Sutherland, MCW Representative



We will be collecting gift cards for CARE Jeunesse again this year at the December general meeting.

CARE Jeunesse will distribute the cards to help local youth aging out of foster care.

Cards of any denomination for local drug stores, grocery stores, department stores, Tim Hortons, etc. are all suitable. If you prefer, bring cash and we will purchase the cards.

We are also collecting travel bags/suitcases in good condition.

When a child in foster care turns 18, he or she is left on their own to face their new life challenges.

CARE Jeunesse is there to support them in this transition, and for the future. They leave their group or foster home and they must pack their belongings in garbage bags. The MLUWC wants these young adults to move with dignity by donating suitcases to CARE Jeunesse. This will give the teenagers a much-needed boost to start their new life.

Email us at MLUWC1@gmail.com or call Anne Brohan at 514-695-8870 for more information.

The Advocacy Group

HELP

SPACE NEEDED

The MLUWC Archives are housed in the basement of the former Valois train station in a part of the basement that regularly floods - not an ideal environment for historical papers! Some of you may have seen our older scrapbooks at events in recent years and can attest to their fragility. I want to digitalize these documents so that they will be available to the current and future membership online.

We will have an intern from John Abbott College who will do her Archives internship with us under my supervision. We need space for this 105-hour internship. The College requires us to have the intern work in a public building for workman's compensation which the College pays for.

The Club does not have the financial resources to pay for space so I am reaching out to you, our club members. If any of you are aware of a spare office with a table or desk, two chairs and plugs in a company or organization that might be able to accommodate us for three weeks in February, I would be most grateful if you could contact me ASAP.

Many thanks.

Jane Cowell
MLUWC Archivist
jane.cowell.poitras@sympatico.ca
514-250-9527

Nominating Committee

Once again, it's time to begin the process of selecting the slate of officers for the year 2019 -2020. The following extract from the MLUWC Constitution and By-Laws outlines the steps to be followed.

ARTICLE VIII - Nominations and Elections

1. Elections - Officers and Chairs of committees shall be elected at the Annual Meeting. Ballots shall be used if there is more than one candidate for any office.
2. **The Nominating Committee shall consist of five members chaired by the Past-President;** one member shall be appointed by the Executive at their January meeting and three members shall be elected from the membership at the regular meeting in February.
3. Duties of the Nominating Committee -
 - a. Inform the membership of the available positions at the February General Meeting and provide nomination forms.
 - b. Recommend a candidate for each office. Each nominee must be a member in good standing and must signify her consent to stand for election.
 - c. Send each Club member a copy of its recommendations at least two weeks before the Annual Meeting, plus a copy of Article VIII Section 4 of the constitution, explaining the procedure for additional nominations.
 - d. Present the proposed slate of officers to the members at the Annual Meeting.
4. Additional nominations must be made in writing to the Nominating Committee at least five days before the Annual Meeting, but consent must be obtained first from the nominee and accompanied by the signatures of five members.

If you are interested in serving on the Nominating Committee, please contact me by mid-January.

Linda Sestock



On this page, we announce activities that are going on in the community, e.g., breakfasts, concerts, etc. as well as other topics that may be of interest to our members but are not directly associated with our Club, e.g., commissioner of oaths. If you have any items you would like published on this page, please email the information to me (mluwc.newsletter3@gmail.com) and note that it is for the Community News page.



THE LADIES' CHRISTMAS LUNCH AT THE FOREST AND STREAM CLUB

The annual Ladies' Lunch will be held on Wednesday, December 4 at 11.30 am.
A donation of an unwrapped toy or non-perishable food item for "Share the Warmth" is welcomed.

A fashion show will be presented by Donnabella.

Cost: \$35 per person includes one glass of wine served during lunch, plus taxes and gratuities.
RSVP before November 29: Janet Ankcorn by email.

You can pay with your preferred bank card at the Forest and Stream Club.

STEWART HALL SINGERS IN CONCERT

On Saturday, December 7, 2019 at 8:00 pm, the Stewart Hall singers will present Joseph Hayden's Paukenmesse (Missa in tempore belli) as well as Christmas Songs. Director: Douglas Knight. Accompanist: Philip Crozier.

The concert will be held at Eglise Saint-Joachim, 2 Ste-Anne St., Pointe-Claire. Tickets are \$20. Information: 514-697-2952.

BARBARA LEWIS CONCERT

Barbara will present her *FREE* annual [Christmas Concert](#) at Victoria Hall in Westmount on Sunday, December 15, 2:00 pm. 4333 Sherbrooke, Westmount (Montréal) QC H3Z 1E2. Seats are limited. Info – 514-989-5226

COMMUNITY BREAKFASTS

The Maxwell Seniors' Residence in Baie d'Urfé hosts a free Community Breakfast every Tuesday from 7:30 am - 9:30 am. Everyone is welcome. An occasion to meet new friends!

COMMISSIONER OF OATHS

A Commissioner of Oaths certifies the oath or "solemn affirmation" of a person upon documents such as: diplomas, birth certificates and other records.

If you need a Commissioner of Oaths, please contact either:

Victoria Pinnell (vpinnell@gmail.com)

or

Jennifer Ferguson (dd.ferguson@sympatico.ca).

This is a free service.



Please go to our website - www.mluwc.com

Click on the Facebook icon on the bottom right of the home page

We have over 340 likes! Remember to like our page and share it with your friends!

Many of our new members mention Facebook when asked how they heard about the MLUWC.



AIR CANADA AEROPLAN PROGRAM

Back in 2012 MLUWC got an Aeroplan number that would give the opportunity to our members to donate their Aeroplan points if they so wished. The minimum donation is 1000 points. Until this year we had accumulated 3000 points. However, recently a very generous person, who wishes to remain anonymous, donated almost 50,000 points. A very respectable amount that our Club can use for different purposes.

We would like to extend our most sincere thanks to this member and encourage others to follow her example.

Please contact either Connie Ellis or Mary Vlahos for more information.

WISHES TO

THANK

**RÉSEAU - SÉLECTION
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For graciously hosting
the monthly meetings of the Executive of the
Montreal Lakeshore University Women's Club.





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FOR EVERY MLUWC MEMBER WHO TRAVELS WITH US, WE REBATE 4 % BACK TO THE MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB. THIS MONEY CAN BE USED FOR FUND RAISING, CHARITIES....YOU DECIDE. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS. PLEASE ADVISE MARIA KORAB LASKOWSKA WHO WILL BE COORDINATING ALL BOOKINGS.

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INTEREST GROUPS

Interest Group Leaders

As usual, this is the time for all Interest Groups to prepare their Christmas baskets. This tradition of a Christmas raffle provides lots of fun for members who anticipate winning a gift basket and at the same time, it allows us to support a local charity with the proceeds of the raffle.

Please note that **Interest Group Leaders** are asked to set up their gift baskets at **5:30 p.m.** The event is open to everyone at 6:00 pm. (**no earlier, please**).

Franca Ferrara
Interest Group Chair

ADVOCACY

The Advocacy group will meet on Tuesday, December 3 at 3:30 pm at the Valois Library in Pointe-Claire.

Patricia Du Val

BON APPÉTIT

A special thanks is extended to Ann Arial and Tina Tessari for organizing a lovely dinner in October at M. Épicé in Pointe Claire.

We will visit Restaurant La Serenata in D.D.O on November 28 at 6:30 p.m. Our thanks to Connie Ellis and Mary Vlahos for organizing this outing.

There will be no Bon Appétit dinner planned for the month of December.

Please feel free to join our dining club, especially new members. Everyone is most welcome and it is a marvelous way to make new friends!

Victoria Pinnell

BOOK CLUB I

Our next meeting is on Wednesday, December 11 at 1:00 pm, at Marg Nicoll-Griffith's home. We will discuss "Becoming" by Michelle Obama.

Judy Kelley and Marg Nicoll-Griffith

BOOK CLUB II

Our next meeting is on December 12 at 1:00 pm, at Joan Dyer's home. The book to be discussed is "Claws of the Panda" by Jonathan Manthorpe. Our reviewer is Marilyn Flaherty. Please let Joan or Hélène know if you cannot be with us.

Hélène Quaid

CULTURE AND RELIGION

The first Culture and Religion Interest group meeting will be November 28 at Aryana, an Afghan restaurant in Pierrefonds. Volunteers will take turns with future cultures/religions and we will meet at an appropriate restaurant.

Linda Sestock

DUPLICATE BRIDGE

Our last duplicate game for 2019 will be on Thursday, December 12 at Centennial Hall at 8:45 am as usual. We will start again on January 9 and 26, 2020. If you are interested in playing, please contact either Ginger Brossard or myself.

Jane Quail

MUSIC APPRECIATION

Music Appreciation wish you all happy holidays and music to celebrate the season. We will not meet in December. In January we will get together Thursday, January 9, 10 am at Nancy Lloyd's home to prepare for the January 16th MSO concert. This concert will be directed by Kent Nagano and will be preceded by a pre-concert talk at 9:30 am.

Helene Quaid will bring refreshments. Presentations will be as follows: Barbara Sauve, Schubert's "Symphony No 1 in D Major" and his "Viola D 786;" Maria Korab Laskowska, Schubert's "Rosamunde D 797, Ballet No. 2" and "Das Lied in Grunen (Song in the Countryside) D 917." Addie Ciebien will present Joseph Lanner's "Die Schonbrunner, op 200" and Brenda Wisenthal will present Johann Strauss's "Kaiser-Waltz (Emperor Waltz)" op 437.

Maria Cranker

MUSIC HISTORY

The December meeting of the Music History group will take place unusually on the first Thursday of the month, December 5, 1:00 pm, chez Joan, as usual. Ina will provide goodies.

Joan Dyer

MYSTERY BOOK CLUB

Our December book is "The Silent Patient" by Alex Michaelides. We will meet on Wednesday, December 11 at 1:00 pm at Judy Couillard's home and she will review the book.

Gilda Martinello

NETWORKING

We had another successful networking event at Studio 77 - we were 31 in attendance! and we have raised over \$440 for the Scholarship Fund so far. Our next event will be in January - more information to follow in the next newsletter

Linda Sestock

PHOTOGRAPHY

Photography group will meet on Tuesday, December 10 at 2:00 pm. Place to be determined at a later date and communicated to the group.

Maria Korab-Laskowska

TRAVEL

We will meet on Tuesday, December 17 at Vivalis at 7:30 (refreshments start at 7pm).

Victor Breedon invites us for walks from coast to coast along the borders of England and Scotland, to discover the beautiful countryside and the rich history of this region.

Ann Arial & Maria Korab-Laskowska




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December 2019

Mon	Tue	Wed	Thu	Fri
2	3 3:30 Advocacy	4	5 1:00 Music History	6 Newsletter Deadline
9  6:00 Christmas Raffle and Choir	10 2:00 Photography	11 1:00 Book Club I and Mystery Book Club	12 8:45 Duplicate Bridge 1:00 Book Club II	13
16	17 7:30 Travel	18	19	20
23	24	25 Merry Christmas 	26	27

Newsletter Editor: Gilda Martinello mluwc.newsletter3@gmail.com

Proofreaders: Jane Edwards and Heather Trump

Deadline for January submissions: Friday, December 6, 2019.